

**For immediate release
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DCR OFFERS ACCESSIBLE RECREATION OPPORTUNITIES FOR SUMMER 2008

The Massachusetts Department of Conservation and Recreation (DCR) is offering a variety of adaptive recreation opportunities this summer throughout the Commonwealth. People with disabilities, with their friends and families, are invited to participate. The activities, which are being offered through DCR's Universal Access Program (UAP), will be held primarily on weekdays June through September, and include cycling, kayaking, canoeing, rowing, sailing, hiking, letterboxing, birdwatching, interpretive programs and more. (See the full list below.)

The UAP provides recreational accessibility to state and urban park facilities for individuals with disabilities, their families, and friends. For persons with disabilities, free use of accessible equipment, such as kayaks and terra trek chairs, as well as staff assistance, is available. The program also offers accessible cross-country skiing and ice skating opportunities at state parks in winter. Skilled instructors and volunteers provide equipment, instruction, support, and safety.

The UAP strives to increase the participation among persons with disabilities in indoor and outdoor recreational activities in integrated settings.

"Our Universal Access Program is one of the most innovative and groundbreaking programs in the nation," said DCR Commissioner Rick Sullivan. "It has helped make our state park recreation programs more inclusive, so that people with disabilities can participate independently or with their friends and families in a wide variety of activities."

For additional information on DCR's Universal Access Program and a schedule of activities, visit www.mass.gov/dcr and click on "universal access program," or call 617-626-1294 or 413-545-5353 (voice) or 413-577-2200 (TTY).

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Richard K. Sullivan, Jr., Commissioner
Department of Conservation & Recreation

DCR UNIVERSAL ACCESS PROGRAM SUMMER 2008 SCHEDULE

CYCLING

Farnum Crossing Town Park, Cheshire
Norwottuck Rail Trail, Hadley

Saturday, July 12, 11AM-4PM
Fridays: June 6-September 26, Noon-5PM

BOATING: SAILING, KAYAKING, CANOEING, ROWING

Charles River, Boston, **Sailing**

Walden Pond State Reservation, Concord, **Kayaking**
DAR State Forest, Goshen, **Kayaking**
Elwell State Reservation Area, Northampton, **Canoeing**
DAR State Forest, Goshen, **Kayaking**
Hopkinton State Park, Hopkinton, **Kayaking**
Douglas State Park, Douglas, **Kayaking**
Elwell State Reservation Area, Northampton, **Rowing**
Spot Pond, Middlesex Fells, Stoneham, **Kayaking**
Barton's Cove, Turners Falls, **Kayaking**
Northfield, **8 miles, Paddling**
Montague to Sunderland, **11 miles, Kayaking**
Barton's Cove Upriver Exploration, **Kayaking**

Weekdays: June 16-August 31 from 3-5 PM
Weekdays: June 16-August 31 from 10 AM -2 PM
Mondays: June 30-August 4, from 10AM-3PM
Mondays: July 7-July 28 from 10AM-3PM
Tuesdays: July 1-August 19 from 10AM-3PM
Wednesdays: July 2-August 20 from 10AM-3PM
Thursdays: June 26-August 21 from 10AM-4PM
Thursdays: June 26-August 21 from 10AM-3PM
Thursdays: June 12-September 25; hours vary
Fridays: June 27-August 22 from 10AM-4PM
Mondays: June 23 from 6-8PM and Aug. 11 from 5-7PM
Saturday, August 2 from 9 AM -4 PM
Sunday, August 17 from 9AM-4PM
Sunday, September 14 from 1-5PM

LETTERBOXING

Dunn State Park, Gardner
Blackstone River and Canal Heritage State Park, Uxbridge
Great Falls Discovery Center, Turners Falls

Wednesday, June 11 from 11AM-3PM
Saturday, September 20 from 11AM-3PM
Saturday, October 25 from 11AM-3PM

FISHING

Dunn State Park, Gardner
D.A.R. State Forest, Goshen
Elwell Recreation Area, Northampton

Friday, July 18 from 9 AM -12 PM
Wednesday, July 23 from 9 AM -4 PM
Tuesday, August 26 from 9 AM -4 PM

HIKING

Wendell State Forest, Wendell
Borderland State Park, Sharon
Breakheart Reservation, Saugus
Halibut Pt. State Park, Rockport
Walden Pond State Park, Concord
Robinson State Park, Agawam
Dunn State Park, Gardner
Hopkinton State Park, Hopkinton
Spectacle Island, Boston
Wompatuck State Park, Hingham
Pittsfield State Forest, Pittsfield
Blackstone Heritage, Uxbridge
Quabbin Reservation, Belchertown
DAR State Forest, Goshen

Saturday, May 31, and Friday, October 10
Tuesday, June 3
Saturday, June 14
Saturday, June 21
Tuesday, June 24
Tuesday, July 1
Friday, July 18
Thursday, July 24
Wednesday, July 30
Wednesday, August 6
Wednesday, August 13
Friday, September 12
Wednesday, September 17
Thursday October 5



Maudslay State Park, Newburyport

Saturday, October 18

ACCESSIBLE RECREATION FAIR

Artesani Park/Herter Park, Brighton

Saturday, September 27

BERKSHIRE BIKE AND BOAT DAY

Saturday, July 12 10AM – 4PM, includes hiking

HORSEBACK RIDING

Bradley Palmer, Topsfield

Fridays, August 29 and September 5 from 10AM – 2PM

FALL BIRDWATCHING

Mt. Tom State Reservation, Holyoke

Saturday, September 13

Sugarloaf State Reservation

Saturday, October 18

Great Falls Discovery Center, Turners Falls

Saturday, November 15

Preregistration is required for all activities. For activities in the eastern part of the state, call 617-626-1294; in the western part of the state, call 413-545-5758. Call about volunteer opportunities.

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The Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental Affairs, oversees 450,000 acres of parks and forests, beaches, bike trails, watersheds, and dams, in addition to 278 bridges and miles of roadways. Led by Commissioner Richard K. Sullivan Jr., the agency's mission is to protect, promote, and enhance our common wealth of natural, cultural, and recreational resources. To learn more about DCR, our facilities, and our programs, please visit www.mass.gov/dcr. Contact us at mass.parks@state.ma.us.